

**KY TEACH PROJECT**

KY Commission for Children with Special Health Care Needs  
982 Eastern Parkway  
Louisville, KY 40217

Lee Gordon  
Phone: 502-595-4459 x268  
1-800-232-1160 x268

**College Scramble**

Submitted by Thuy Ly

S U R E C R E A T I O N B X D  
C A N P R O G R A M S V L F E  
H S G D Z V L Y G E P T I S C  
O P R E E A I S E R O N U R I  
L I A E O R K R O H A Q Z D S  
A R D G K O G F U N T D K M Y  
R A U R O E E R C B I Y G A R  
S T A B D S C I A N U S Q J D  
H I T Y S K A E P D T X C O E  
I O E O V L M A J R U L P R C  
P N R D A Y P F O R I A L Q I  
Y S B I G Z U P C G T D T W S  
M A D M I S S I O N I Z B E I  
W O R K S T U D Y H O O K Z O  
P X E N R O L L M E N T E E N

**TUITION, SCHOLARSHIP,  
FINANCIAL AID,  
WORK-STUDY, CAMPUS,  
PROFESSORS, STUDY,  
ADMISSION, DEGREES,  
GRADUATE,  
UNDERGRADUATE,  
BOOKS**

**MAJOR, GOAL,  
ENROLLMENT,  
PROGRAMS,  
SPORTS,  
RECREATION,  
DECISION,  
ASPIRATIONS**



**EMAIL US!**  
**kytransition@aol.com**

*Do you need help finding resources or services in  
your area? Here's a website that can help:*  
**www.kycares.net**



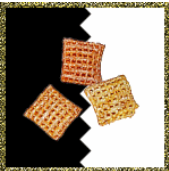
**Baked Apple**

**Scoop out core and  
fill with one  
teaspoon raisins.  
Wrap in foil and  
bake until tender**

**Chex Snack Mix**

**Preheat oven to 250 degrees.**

**1/2 cup water  
1 packet butter buds  
1 teaspoon paprika  
1/2 teaspoon onion  
powder  
1/4 teaspoon garlic  
powder  
1 cup corn Chex cereal  
1 cup bran Chex cereal  
1 cup wheat Chex cereal**



**Combine 1/2 cup water with Butter  
Buds. Shake well. Stir in spices.  
Mix cereals in large bowl. Add but-  
ter Buds mixture and toss until all  
pieces are coated. Place cereal on  
baking sheet. Bake 1 hour. Stir  
every 15 minutes. Let it cool for 15  
minutes before serving. Serves 1.  
1/2 cup serving = 80 calories.  
By: Jennifer Royalty, MS, ROCO**



If you would like to submit an article, a  
Picture, a joke or riddle, or recipe for the  
Next newsletter send it to: KY TEACH PROJECT,  
CCSHCN 982 Eastern Parkway Louisville, KY 40217



**Thuy Ly  
Youth Editor**

**“ The Secret To Success”**



**CCSHCN  
Winter 2003**

Hi my name is Katherine Lewis. I am a patient of the CCSHCN in Lexington, KY. I am a sophomore at Jackson County High School. I was born with a unilateral cleft lip and palate, and also with mild hearing loss. Growing up is very hard to do altogether, but with a disability it is even harder. I am 15 and have had nearly 30 operations so far, including ear surgical procedures. I am about to undergo another bone graft for the third time. For you all who do not know, a bone graft is where they take a piece of bone out of one part of the body, usually the hip or head, and put it in another part of the body, in my case the upper gum lines. It seems painful, but after a few weeks it doesn't hurt that much. Besides another girl my age, there is no one else in our county with craniofacial deformity. It was very hard in middle school for the most part. Kids didn't seem to understand that I was a human being, too, not

different from them. It has begun to get more easier as I get older. Kids understand and the “in” crowd accepts me for who I am. I have a lot of “true” friends. If you have a disability I believe that you should understand that God, whom I might say is a Wonderful spiritual adviser, made you perfect although you may not see it. If every-one was born the same and looked the same, this world of



ours would be really boring. I think that it is the "disabled" (by the way I hate that word) ones that make the world go around each day. Sure sometime it hurts when we are tormented, but I believed that if you work hard and not listen to every horrible comment, you shall succeed in life.

By: Katherine Lewis

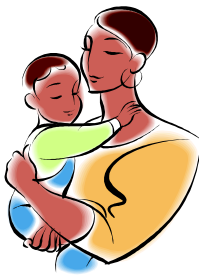
**Kentucky  
Commission for  
CSHCN  
Regional Offices and  
Phone Numbers:**

**Ashland**  
800-650-1329  
**Barbourville**  
800-348-4279  
**Bowling Green**  
800-843-5877  
**Edgewood**  
888-542-4453  
**Elizabethtown**  
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800-928-3049  
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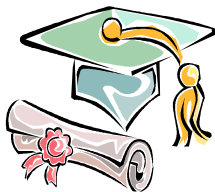
# My Story

I am an eighteen years-old; young lady and soon to graduate from high school. I was not born with a disability, but contracted it from an infection early in my life. It happened so long ago I do not remember not having a disability. My mother told me how I contracted the illness which was believed to be caused by a mosquito bite. The illness paralyzed my whole body. I could not move. I was only two years old when this happened. I am alive and living well today due to the efforts of my mother. I consider myself very lucky and grateful, because in the country that I am from; babies that get



sick are not cared for and are abandoned by their families. My mother took extraordinary measures to care for me as well as educating herself on how to make me well. I am now paralyzed from the hips down and thankful of my mother for bringing me into this world and able to make my life good. To show my appreciation to them I work very hard to be the best person I can be, by living a true and meaningful life. So far, I am living up to my commitment. I have been recognized and received awards from Who's Who Among High School Students, National Honor Roll and Governor's Scholars Awards.

I also have a part time job at the CCSHCN in Louisville to earn extra money to use on other personal needs. After graduation I plan on attending college earning a degree in computer science and business administration. I am in the process of applying to different colleges such as University of Florida, University of South Florida, and Florida State University; as well as filling applications to apply for several different scholarships. I am working on getting my driver's license. Earning the privilege to drive is very hard for someone with a disability. I need special equipment that is not cheap and must have professional training to use hand controls. I have received extra help from the Department of Vocational Rehabilitation. The Center for Accessible Living provided me with more information about accessible living that can make my life much easier. All these accomplishments show them that I have grown up into an independent young lady who can take care of things on her own and that they have nothing to worry about. As for today, we all are waiting for my graduation day which is in May of 2003, then I could move to Florida and begin my life as an undergraduate freshman in a new college.



By: Thuy Ly

# Transition and Motivation

## PARENT FACTOR

One of life's most challenging and rewarding experiences is parenting. As soon as babies come home from the hospital we become their number one advocate, making sure all needs are met and their safety and health provided for.

We spend time seeing to these issues and then suddenly THEY are adults and responsibility for important issues such as health care rests squarely on their shoulders. In many cases this is such an abrupt occurrence it can leave you completely unprepared. Insurance carriers won't cover young adult even if their parents are willing to continue to pay for coverage unless certain criteria are met, such as Full Time College. Independent coverage is costly and hard to find.

After years of watching this occur in families we served in our outpatient clinic I became increasingly aware of how important "letting go" really is. The process of assuming responsibility for ones own health care can not be an abrupt occurrence. Children as young as 10 can be slowly given more duties in relation to these issues if support and monitoring occur, gradually increasing with age until they are in control.

Watching babies become toddlers and toddlers become pre-schoolers is fun. The pre-school child will eventually go to school and in time enter adolescence (not necessarily ANYONES favorite time) Hopefully, by the time our children become young adults, we will have mastered the art of gradually letting them become the adults they are meant to be.

## BETTER CHOICES

It seems that we're often busy and eating on the run and standing in front of a vending machine trying to make our selection about something to eat. Below is a list of some healthier vending machine choices. Try something new next time you're standing there making your choice!

## HEALTHIER VENDING MACHINE CHOICES

- Cheese Nips Air Crisps (1.75 oz package)
- Rold Gold Tiny Twist Pretzels
- Rold Gold Classic Thin Pretzels
- Snyder's Thin Pretzels
- Snyder's Olde Tyme Pretzels
- Baked Lays Crisps Regular
- Baked Ruffles Cheddar and Sour Cream
- Baked Lays KC Masterpiece
- Zoo Animal Crackers
- Chex Mix Original
- Gold Fish Crackers
- Sun Chips (1 oz. Package)
- Reduced Fat Sandwich crackers: Cheese & Peanut Butter or Whole Wheat and Cheese
- Fig Newtons
- Rice Krispies Treats
- Keebler Eflin Crackers



By: Melody Kazee, Prog. Coord. Lex. KY By: Jennifer Royalty MS, RCO